

# Lifetime Exercise Science

## P.E. 100

<b>Instructor:</b>	David Drury	<b>Day &amp; Time:</b>	F 11:35 - 12:25pm (Lec) TR 10:15 - 11:20am (Lab)
<b>Office:</b>	705	<b>Room:</b>	2734/755
<b>Phone:</b>	355-6323	<b>Semester:</b>	Spring 2014
<b>Email:</b>	<a href="mailto:david.drury@imperial.edu">david.drury@imperial.edu</a>	<b>Office Hrs:</b>	TBA

**Course Description:** Assessing physical fitness levels, writing personal fitness programs, and engaging in fitness programs.  
**Course Objectives:** To promote the application of physical fitness principles that lead to health.

**Student Learning Outcomes:**

1. Identify correct strength training principles and design a personal strength training program.
2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)

I.	<u>Contents</u>	<u>Lecture</u>	<u>Lab</u>
	Week 1	1/24 Intro & Fitness Assessments	1/21-23 Crash & Fitness Assessments
	Week 2	1/31 Fitness Assessments	1/28-30 Fitness Assessments
	Week 3	2/07 Cardiorespiratory Endurance	2/04-06 Individual Programs
	Week 4	2/14 <b>Holiday</b>	2/11-13 Individual Programs
	Week 5	2/21 Fitness Assessments	2/18-20 Individual Programs
	Week 6	2/28 Muscular Strength and Endurance	2/25-27 Individual Programs
	Week 7	3/07 Fitness Assessments	3/04-06 Individual Programs
	Week 8	3/14 Nutrition	3/11-13 Individual Programs
	Week 9	3/21 Fitness Assessments	3/18-20 Individual Programs
	Week 10	3/28 Quiz & Review	3/25-27 Individual Programs
	Week 11	4/04 Body Composition	4/01-03 Individual Programs
	Week 12	4/11 Fitness Assessments	4/08-10 Individual Programs
	Week 13	4/18 Flexibility Program	4/15-17 Individual Programs
		4/25 <b>Holiday</b>	4/22-24 <b>Holiday</b>
	Week 14	5/02 Review	4/29-5/01 Individual Programs
	Week 15	5/09 Fitness Assessments	5/06-08 Fitness Assessments
	Week 16	5/16 Final Exam	5/13-15 Fitness Assessments

**II. GRADING**

- A. Final grade will be based on the total of points accumulated, 90%=A, 80%=B, 70%=C, 60%=D.
- B. Points come from Quizzes, Fitness & Nutritional Plans, Final Exam, Homework, Fitness Assessments, and Class Attendance.

**III. TEXTBOOK**

Fit to be Well, Essential Concepts, 3<sup>rd</sup> edition, by Thygeron and Thygeron

**IV. ESSENTIALS**

- A. Workout clothing must be worn for class.
- B. If you do not dress out, you will not be permitted to attend class.
- C. Lockers are on a first come basis (No backpacks allowed in Fitness Center).
- D. You must bring a towel to class.
- E. A student with more than 3 absences may be dropped.
- F. No Extra Credit.
- G. No Cell Phone use allowed in Class.

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services office as soon as possible

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